

My Treat

With schedules busier than ever, finding time for oneself can be a challenge, so when you do steal a few hours to pamper yourself, make sure you make the most of it—and what better way than to relax with a soothing massage? More often than not, the best massage experience rests solely (and literally) in the hands of your therapist. That's why we've done our duty (it's a dirty job but someone's gotta do it) in search of the BEST massage experience and this is what we found.



SkinSpirit

701 Emerson Street, Palo Alto, 94301 • 650.324.9600 • skinspirit.com

There's something about the vibe at SkinSpirit that makes you feel welcome the minute you walk through the doors. There is nothing stuffy or ostentatious about SkinSpirit—it just exudes a relaxed and casual ambience that makes your cares disappear at once. Though SkinSpirit is a clinical spa, there are many relaxing body treatments available. I arrived ready for an hour's worth of bliss with Mercedes. I described to her the tension in my arms, hands, neck, and shoulder as well as recent the headaches I had been experiencing. She took these issues into account and using a combination of acupressure, Esalen, and Swedish strokes, she began to work away the tension in those problem areas. She explained that acupressure is similar to acupuncture, and uses direct, firm pressure applied to muscle knots and blocked energy points to release tension. Esalen hypnotizes muscles through rhythmic stroking, causing muscles to relax completely. Swedish, used for injuries or chronic tension in the tissue, is a classic kneading and stretching of muscles and fibers that stimulates blood flow while flushing out toxins. By blending these three methods and following the patterns of spasm, inflammation, and irritation, Mercedes was able to trace computer-based stress to the low back, where she found exhausted muscles. She advised that after four sessions, much of my discomfort could be brought under control. Mercedes is very knowledgeable and sensitive to her clients' needs and under her care, you are in good hands.

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THE SPA

SkinSpirit, "BEST OF Palo Alto" and "BEST OF East Bay" winner, provides non-surgical cosmetic skincare procedures, like laser hair removal and BOTOX® Cosmetic, as well as luxurious and therapeutic spa treatments - all under one roof. Facials range from organic to medical grade microdermabrasion and aggressive chemical peels and are customized for each individual client. Experience SkinSpirit's world-class spa treatments, designed by founder and Board Certified Plastic Surgeon, Dr. Dean Vistnes, to not only soothe and relax you, but also to improve your skin's health, texture and resiliency. SkinSpirit gives clients plenty of personal attention, honest answers, and beautiful results.

PRODUCTS

Our advanced skincare is highly effective, safe and backed by solid medical expertise and years of professional research and hands-on testing. Advanced skincare includes: SkinCeuticals, Dermaquest, Obagi, Jan Marini, SkinMedica, Nia and more.

Medical Services

Botox, Dysport

Fillers: Restylane, Perlane, Juvederm, Sculptra

Laser Hair Removal

IPL/Photofacial

Thermage

Active FX Laser Resurfacing



COMPLIMENTARY CONSULTATIONS & CUSTOMIZED TREATMENTS

DiamondTome Medical-Grade Microdermabrasion: A mildly abrasive microdermabrasion treatment that removes the outer layer of dull, dead skin revealing the smoother, clearer skin underneath. Safe and effective for all skin types and tones, microdermabrasion helps to improve the texture of the skin and help some forms of acne, oily skin, blackheads, and whiteheads.

Dermaplaning: With an instrument that resembles a "butter knife," this treatment can very effectively exfoliate dead skin cells and intensify your results prior to a chemical peel, microdermabrasion, or IPL. Added benefit: removes unwanted facial hair without the pain and irritation of facial waxing or depilatories; this is a safe procedure for those currently using Retin-A or Accutane.

Chemical Peels: Chemical Peels dissolve the connection holding dead cells together on the surface of the skin and reveal the smoother, healthier skin beneath. SkinSpirit offers light, gentle peels,

like Glycolic and Salicylic, and medium peels, like Jessner's and Obagi, which penetrate the skin more deeply. The use of these peels depends on the condition of your skin which will be determined at the consultation.

SkinSpirit Signature Facial: Ideal for maintaining healthy, radiant skin, this intensive facial provides maximum results in a single treatment. Medical-grade microdermabrasion exfoliates dead surface skin cells, preparing the face for optimal absorption of anti-aging formulas. The skin is then treated to a warm enzyme exfoliant. A double-layer Antioxidant Therapy Tightening Mask is applied next, followed by an Enzyme Serum and Gel. To finish, the face is bathed in a moisturizer rich in copper peptide to smooth the skin, stimulate collagen production and minimize sensitivity.

Anti-Aging Enzyme Firming Facial: This enzyme-rich facial is designed to visibly tighten skin and help reverse the unwanted signs of aging. Beautiful results are obtained with a gentle

Warm-Peel Exfoliant, a Double-Firming Mask, and a unique Elastin-Collagen Solution that carries special protein enzymes into the skin, stimulating cellular activity to enhance the health and beauty of your face.

Teen Facial: It's never too early to learn the proper steps to maintaining beautiful, youthful skin. A valuable educational experience for all teens, SkinSpirit's Teen Facial addresses important aspects of cleansing, exfoliation, and protection from the damaging effects of the sun. It also provides particularly good results for teens prone to acne breakouts.

VelaShape™ is the first and only non-surgical, FDA-cleared medical device that uses a combination of heat, suction, and radio frequency/optical light energy to precisely target and treat unwanted fat areas. It's safe, quick, has no downtime, and is virtually painless. The results: circumferential reduction of the treated area and a noticeable reduction in cellulite.